



Calming Terrific Toddlers: Evidence-based Strategies that Reduce Aggression and Promote Self-Regulation



Course Objective:

- Identify the triggers to toddler aggression
- Label effective, evidence-based adult responses to toddler aggression that will promote a toddler's self-regulation skills and emotional intelligence.



"Anybody can become angry - that is easy, but to be angry with the right person and to the right degree, and at the right time, and for the right purpose, and in the right way - that is not within everybody's power and is not easy." -Aristotle

Triggers



A toddler may exhibit aggressive acts because they: (Check all that apply)

- Want a toy someone else has
- Feel overwhelmed
- Do not have enough space
- Need to express strong feelings
- Lack communication skills
- Feel pain or discomfort
- Are experiencing a rise in stress hormone
- They have a lack of self-regulation skills
- Feel an aggressive impulse
- Have a master plan to frustrate caregivers

Aggression is NOT A well thought out plan designed to "get" you or manipulate others

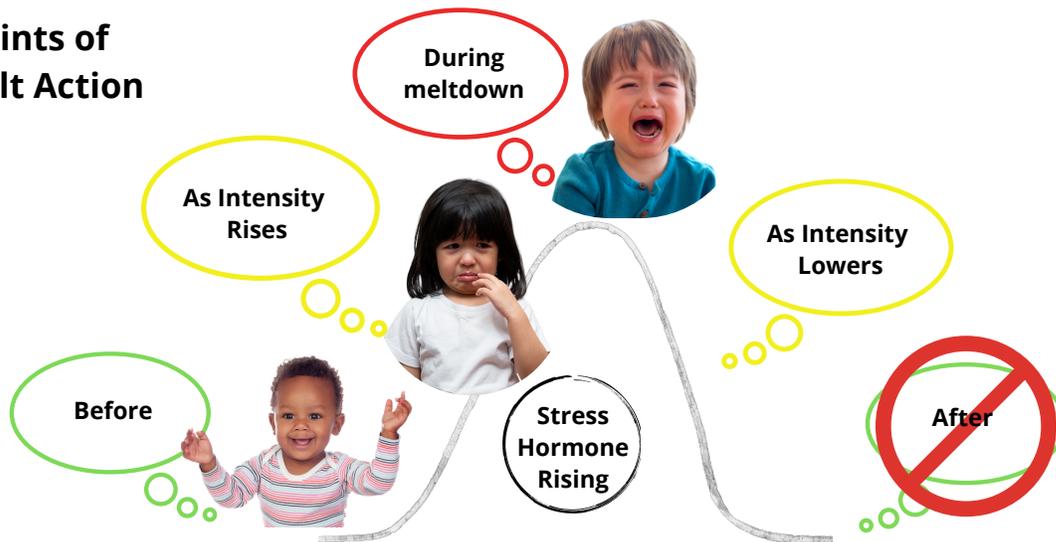


Aggression is common.



Aggression needs to stop.

Points of Adult Action



During the meltdown...

• What are helpful responses to aggression?

• What are some unhelpful adult responses?



Calming the Storm: Addressing Toddler Aggression and Reducing Future Aggressive Acts

Avoid unhelpful strategies

- *Labeling
- *Biting back
- *Getting angry, yelling, or shaming
- *Giving too much attention to biter
- *Forcing a children to apologize or insisting they play together

HELP! Model

Have a plan **E**liminate distractions **L**abel feelings **P**rompt



- ✓ **Have a plan**
 - **Avoid the "Power" Approach**
 - ~~Threatening stance~~
 - ~~Making eye contact~~
 - ~~Loud "Public" voice~~
 - ~~Many words~~
 - **Respond calmly with "Influence"**
 - Non-threatening
 - Avoid eye contact
 - Quiet "Private" voice
 - Few words

- ✓ **Eliminate Distractions** *Move down to the child's level and set things aside

- ✓ **Label Feelings** *Tune in, identify the emotion, and help the children communicate

- ✓ **Prompt**

"Sounds like, 'Turn please'"

"Sounds like, 'Help'"

"Sounds like, 'I'm mad!'"

"Sounds like, 'That's mine.'"

"Sounds like, 'No!'"

"Sounds like, 'Can I have some?'"



Why did the child bite?

Tired
Hungry
Sore mouth
Angry
Overwhelmed
Exploring
Super Excited

What could the child do instead?

Help get rest or a break
Provide Food
Help get pain relief or a teether
Help express feelings
Provide something novel and interesting
Give other things to explore
Clap hands or "squeeze the oranges"

Why did the child hit?

Super Excited
Wants a Toy
Frustrated
Angry
Overwhelmed
Other?

What could the child do instead?

•What is working? •What is not working? •What might you do differently?



Objective Review: When working with a toddler's aggressive acts this week, I will...

